

Harvest Muffins

Makes: 6 Servings

Ingredients

1/2 cup whole-wheat flour
3/4 cup all-purpose flour
1/2 cup rolled oats
1 teaspoon double-acting baking powder
1/2 teaspoon table salt
3/4 teaspoon cinnamon
1/8 teaspoon ground nutmeg
1/2 cup frozen sweet potatoes
1/2 cup fresh buttermilk
1/4 cup whole egg, liquid
1/2 cup brown sugar, packed
1 1/2 tablespoons vegetable oil
1/2 red delicious apple
1/2 teaspoon vanilla extract



Directions

1. Preheat oven to 350°F.
2. Steam sweet potatoes on stovetop for 5-8 minutes until soft and internal temperature is 145°F.
3. Whip potatoes in blender or mixer until smooth.
4. Peel, core and chop apple.
5. Combine whole-wheat flour, all-purpose flour, oats, baking powder, salt, cinnamon and nutmeg. Mix well.
6. In a separate bowl, combine sweet potatoes, sugar, buttermilk, eggs, and vegetable oil. Slowly add the wet ingredients to the dry ingredients. Mix for 20 additional seconds until batter is smooth.
7. Fold in chopped apple and vanilla. DO NOT OVERMIX.

8. Spoon batter into paper-lined or lightly sprayed muffin cups.
9. Bake muffins in the oven for 20-22 minutes, rotating one-half turn after 5 minutes of baking.
10. Allow muffins to cool for 5-10 minutes. Serve immediately.

Notes

Serving size: 1 muffin